



Doctors warn against overuse of fruit juice

Fruit juice should not be given to infants under 6 months, and older children should limit juice to avoid diarrhea, cavities, poor nutrition and obesity. 100% fruit juice has some benefits for children, but the American Academy of Pediatrics wants parents to be aware of the risks.

Too much juice replaces other healthy foods and drinks such as milk. Children then miss out on important vitamins and minerals. It can also dull a child's appetite, causing them to eat less at meal time. And finally, some children will take in so much juice it can lead to weight problems.

Fruit juice offers no benefit for infants under 6 months. After that, it should be given only to children old enough to drink from a cup. Juice in the bottle can cause severe tooth decay.

The WIC program provides children 7 months and older with only 100% juice and limits the amount to about 4 ounces per day. Moms should help their children learn to drink water and can add extra water to the juice pitcher to help keep intake under control.